

COACHES:

This material is aimed at Squirt coaches although it would be a useful refresher for all categories at the beginning of the season. The important thing is to minimize the risk of having your pitcher called for an "illegal pitch" especially in a close game.

PITCHING RULES - EXERCISE

Try the following short quiz to see what you know about the legal aspects of pitching.

1. What are the two main features that distinguish an "underhand" pitch?

1. _____

2. _____

2. Which of the following items describe elements of the "Pitching Position"?

a) ___ shoulders in line with 1st & 3rd base.

b) ___ ball in pitching hand.

c) ___ shoes shined.

d) ___ remain motionless at least one second.

e) ___ both feet touching the rubber.

f) ___ batter ready to bat.

g) ___ ball held in front of the body.

h) ___ ball in both hands.

3. To deliver a legal pitch, there are several things you must do. Starting with receiving the ball in the circle, list these activities in the correct sequence.

1. receive the ball in the circle.

2. _____

3. _____

4. _____

5. _____

6. _____

PITCHING RULES - SUMMARY

Knowing and being able to apply the pitching rules is for own development as well as for the welfare of your team. Here are the main points every pitcher should know.

1. LEGAL DELIVERY

- must be delivered with an UNDERHAND MOTION.
- must be delivered directly from the PITCHING POSITION
- must be delivered with ONE FORWARD STEP, which must be straight towards the batter.

2. UNDERHAND PITCH

- hand must be below the hip.
- wrist may not be farther from the body than the elbow.

3. PITCHING POSITION

- BOTH FEET must be in contact with the rubber.
- SHOULDERS must be lined up with 1st and 3rd bases.
- BALL must be in BOTH HANDS in FRONT of the body.
- Must come to a COMPLETE STOP for at least ONE SECOND.

4. FORWARD STEP

- must be taken simultaneously with the delivery.
- must be in FORWARD DIRECTION.
- must be within the width of the pitching rubber.

PITCHING SEQUENCE MODEL

1. Receive the ball in the circle.
2. Step on the mound;
 - a) with hands apart,
 - b) ball in the glove,
 - c) both feet touching the rubber

***MAXIMUM******20***

3. Pause and look at the umpire.

SECONDS

4. Assume the PITCHING POSITION.
 - a) both feet touching the rubber.
 - b) shoulders in line with 1st & 3rd.
 - c) ball in both hands in front of the body.



5. Pause in the Pitching Position for 1 to 10 seconds

6. Deliver the pitch - directly from the Pitching Position;
 - a) the pitch starts when your hands separate.
 - b) take only one step.
 - c) use an underhand motion

***10
SECONDS***

MORE DO'S AND DON'TS

So far we have been discussing the major rules and the most common infractions you should know about. But there are many other aspects to "legal" pitching you will encounter as you gain experience. Some of the key points are listed here.

YOU MUST:

1. Have the ball in your *POSSESSION* any time you step on the rubber.
2. Make only **ONE ROTATION** of the arm during a Windmill pitch.
NOTE: You may swing the pitching hand down past your hip before starting the Windmill motion.
3. Keep your hands together and step **BACKWARD** off the rubber if you want to remove yourself from the Pitching position.
4. Have both feet within the length of the pitching rubber.

YOU MUST NOT:

5. In taking your stride, step outside the ends of the rubber.
6. Make any motion to pitch without immediately delivering the ball.
7. Put any foreign substance on the ball except powdered resin.